

EXECUTIVE DEPARTMENT  
STATE OF CALIFORNIA



PROCLAMATION

Women's health is an issue that affects all Californians in one way or another. As role models for their children, co-workers and friends, women can set examples for healthy living that inspire those around them. It is important that they employ nutritional eating habits and exercise regimens to help fend off the adverse health conditions that disproportionately affect females.

Despite improvements in life expectancy, women still experience incidents of certain diseases including osteoporosis, breast cancer, lupus and multiple sclerosis more frequently than men. This month, we raise awareness of these threats to female wellness and strive to combat illnesses through education. Regular screenings, early treatment, physical activity and proper nutrition are all important aspects to maintaining a healthy lifestyle.

This year's theme for Women's Health Month is *A Balanced Life...A Healthy Life*, and emphasizes the importance of bringing one's mental, spiritual and physical welfare into balance in order to enjoy a happier and healthier lifestyle. As we thank the state agencies, community groups and women's organizations that have made female health a priority, we encourage women to be proactive in safeguarding their well-being throughout this and every month.

**NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER**, Governor of the State of California, do hereby proclaim May 2006 as "Women's Health Month."

**IN WITNESS WHEREOF** I have here unto set my hand and caused the Great Seal of the State of California to be affixed this 19th day of April 2006.



Arnold Schwarzenegger  
GOVERNOR OF CALIFORNIA  
Attest:

Bruce McPherson  
SECRETARY OF STATE